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NEWS WORTH SHARING.

'I destroyed a family'

Laura Szendrei's killer speaks during an emotional sentencing hearing PAGE 3

Oilers trounce Canucks

Edmonton's flurry of first-period goals spells defeat for Luongo and co. PAGE 33

COMMUTE TURNS FATAL IN OTTAWA

AT LEAST SIX KILLED AND DOZENS INJURED WHEN DOUBLE-DECKER BUS SLAMS INTO VIA RAIL TRAIN PAGES 8 & 9

Adrian Dix announces his impending resignation as B.C. NDP leader on Wednesday. EMILY JACKSON/METRO

Dix stepping down in party's 'best interests'

Politics. NDP leader will resign once new party chief is chosen

EMILY JACKSON
emily.jackson@metronews.ca

Adrian Dix announced he will resign as B.C. NDP leader due to the "enormously disappointing defeat" in the May provincial election that his party was pegged to win.

He will continue in the role until the party votes for a new leader by mid-2014, he told reporters Wednesday.

"It has become clear to me that the best interests of our party mean that I need to step aside for a new leader who can lead us to victory in 2017," Dix said.

Dix took responsibility for the loss that shocked pollsters and pundits alike, but added he always believed the campaign would be close despite numbers that placed the NDP far ahead of the Liberals.

He said he will "absolutely" run again as MLA for Vancouver-Kingsway, where he holds the seat, and he will throw his support behind whoever is chosen as the next party leader.

While Dix was clearly disappointed, he tried to make light of the situation as he bantered with reporters and told hockey jokes. (He's never felt so much empathy for Canucks goalie Roberto Luongo, he said, what with commentary simultaneously calling for him to quit and to be given a second chance.)

He also took the opportunity to jab at the Liberals for not holding a fall session in the legislature, where the NDP won just 34 seats compared to the Liberals' 49.

The announcement ends months of speculation over Dix's future, during which members of the party began calling for a "renewal" as they grappled with the unexpected loss and tried to figure out how to avoid a repeat in 2017.

But Dix's decision to stay on as leader until someone new is chosen came as a surprise to some who expected him to step aside so the party could start fresh.

"It is difficult to undertake renewal when people who are responsible for the state of things are still in place," said Marjorie Griffin Cohen, a professor of political science at Simon Fraser University.

Now, let the rampant speculation over who will run for NDP leader begin.

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Princess Margaret

High schooler dead after motorcycle collided with trio

One teenage girl is dead and another in hospital with critical injuries after they collided with a motorcycle while walking near Princess Margaret Secondary School in Surrey on Wednesday.

The motorcycle crashed into three female pedestrians, all students at the nearby school, when it was travelling south on 128th Street near 68th Avenue around lunchtime.

Two girls were airlifted to hospital, where one died from her critical injuries. The motorcycle driver and the third girl were taken by ambulance to hospital with serious injuries.

It's not yet clear what led to the collision or whether speed or alcohol were factors, but the Surrey RCMP's criminal collision investigation team remained on scene Wednesday afternoon. METRO

Hiking with friend

Man dies on Grouse Grind

A man has died while climbing the Grouse Grind on Wednesday afternoon.

According to Insp. Dave Attfield with the North Vancouver RCMP, the victim was hiking with a friend and had reached the halfway mark on the trail when the incident occurred.

While the RCMP were unable to confirm the cause of death, Attfield said the symptoms are consistent with a heart attack.

Search-and-rescue crews were called to the mountain late Wednesday afternoon after a medical distress call was reported.

A group of students behind the hikers tried to help the man but he died at the scene.

RCMP say the victim was in his 50s but are unsure if he was from Vancouver. METRO

Mike Szendrei bursts out of Surrey Provincial Court as his wife, Rachel, is comforted by friends at the sentencing hearing of their daughter's killer on Wednesday. MATT KIELTYKA/METRO

'I made such evil and destructive choices'

Distraught parents. The parents of Laura Szendrei, 15, were overcome with emotion as her killer took the stand during sentencing hearing

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The young offender who brutally murdered 15-year-old Laura Szendrei took the stand at his own sentencing hearing Wednesday to issue an apology to the victim's family.

"On Sept. 15, 2010, I ruined the lives of so many people," the offender said as Szendrei's sobbing mother, surrounded by friends and family, listened in the gallery. "On that horrible day, I regretfully took the life of Laura Szendrei, I destroyed a family."

The killer — who cannot be identified as he was a young offender at the time of the murder — read from a piece of paper with a composed and slow delivery.

He seemed nervous but unemotional except at the end, when he began to cry.

"I tried to be a good person. I can't even comprehend why I made such evil and destructive choices," he said.

"Because you're sick," replied Szendrei's mother, Rachel, from behind the glass separating the public seating from the rest of the courtroom.

Szendrei's father, Mike, left the courtroom minutes earlier as emotions got the better of him but returned to hear the end of the statement.

"I'm not going to ask for forgiveness, because I truly don't deserve it," he continued. "I deserve to go to prison and I hope I can leave prison a better person."

The offender's parents also read out statements to the court, via video feed, professing love and support for their son while acknowledging his crime.

"Why would my little boy have done this?" said the offender's father. "To Mr. and Mrs. Szendrei, I know there is nothing you want to hear from me. I can't imagine the pain and suffering that you are going through. I understand you may hate (him) and our family, but I'm truly sorry."

The father tried to reason that, thanks to treatment within the youth justice system, his son "is not the same little confused boy" who committed the murder.

"He understands what he did," the father said. "He wants to take responsibility for his action."

The killer's statement concluded the evidentiary stage of his sentencing hearing.

Szendrei was on her way to meet with friends when she was attacked from behind in Delta's Mackie Park in a sexually motivated assault.

She died from her injuries that night.

The offender, 17 at the time, pleaded guilty to second-degree murder shortly after his arrest.

Closing arguments from lawyers begin Thursday in Surrey provincial court and then Justice Robin Baird must rule whether the offender is sentenced as a youth or an adult.

A youth sentence would carry a four-year prison sentence and three additional years served in the community.

In comparison, an adult sentence carries a life sentence with no chance of parole for seven years.

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Scooter rules fail to pass at UBCM

Highlights. Here's a roundup of the top news coming out of the municipalities conference

EMILY JACKSON
emily.jackson@metronews.ca

"It makes sense to license scooters if we're going to license legs."

That's a taste of the debate at the Union of B.C. Municipalities conference, a gathering of local leaders from across the province in Vancouver this week.

From small towns to the biggest cities, leaders create policy to collectively lobby the province.

Here's a snapshot of what happened Wednesday, from the eyebrow raising to the serious to the congratulatory.

Scooter regulations screech to halt :

As the senior population grows in Sidney, concerns about the use of motorized scooters have mounted. This summer alone, there were two rollovers on the town's streets, the mayor told the UBCM in a bid to get the province to take steps to promote the safe operation of scooters. (Apparently drinking and scootering is also a hard-to-enforce problem.)

But because Sidney's original motion suggests licensing scooter users and wheelchair users alike, the town failed to win the crowd's approval.

Some accused the motion of being discriminatory.

Revenue sharing unanimously approved:

When the good times are rolling, the province should put money into a rainy-day fund that municipalities could eventually spend on infrastructure and other investments.

That's one element of a series of financial reforms the UBCM unanimously approved on Wednesday.

While the details must be hammered out with the province, cities agreed reforms are necessary since they depend too heavily on property tax.

Stephen Lewis gives B.C. props:

Stephen Lewis, the famous Canadian advocate whose mission is to rid the world of HIV-AIDS, had nothing but praise for B.C.'s response to climate change and Insite in his keynote speech at the UBCM Wednesday.

The province's Climate Action Charter, which most municipalities sign in a commitment to become carbon neutral, should be a model for the rest of Canada, he said. It shows an "enlightenment and conscientiousness" not seen elsewhere, he added.

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UBC makes amends for pro-rape chant with several initiatives

Frosh folly. University president announces task force aimed at suggesting changes across campus

NICK WELLS
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The University of B.C. needs to earn the trust of the community after the offensive rape chant during frosh week, the dean of the Sauder School of Business said Wednesday.

"I'm embarrassed," said Robert Helsley at the release of a report into the incident. "This has been deeply, deeply troubling for me as the dean of the school ... and it's completely inconsistent with what I know about our student body."

The report, conducted by a four-member team from the university, interviewed 62 students and four staff, and recommends three goals: enhancing responsibility and accountability, restoring community trust, and developing an education and culture change at the school.

Along with the goals, the Commerce Undergraduate Society (CUS) has made a voluntary contribution of $250,000 over three years to hire a specialist who deals with sexual-abuse counselling.

According to the report, students were told by leaders to not record or videotape the chants made on buses.

Members of the CUS board of directors and executive council, along with frosh leaders and executive committee, will participate in community service, as well as anti-violence training.

UBC president Stephen Toope also announced the creation of a task force, headed by Louise Cowin, the vice-president of students, to gather community resources and faculty knowledge to suggest changes that should be made on campus.

The task force's creation comes amid new reports that derogatory chants directed toward First Nations also happened during the CUS frosh week.

"It's certainly ironic and something I wouldn't have wished for on the very day I'm speaking to the Truth and Reconciliation Commission," Toope said, adding that the university is currently investigating the matter.

Making it right

"I'm embarrassed.... It's completely inconsistent with what I know about our student body."

Sauder School of Business dean Robert Helsley

Robert Helsley, dean of the Sauder School of Business, and Louise Cowin, vice-president of students, speak at the University of B.C. Wednesday during the release of a report resulting from an investigation into an offensive rape chant shouted by students during frosh week. NICK WELLS/FOR METRO

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Survivors recount pain and recovery

Residential schools. Eighty-year-old says healing centre helped her overcome abuse

NICK WELLS
vancouver@metronews.ca

Margaret Commodore remembers the beatings.

Whenever students did something wrong, or staff said they did something wrong, they got the strap.

"You learned to show them that they weren't hurting you," the residential-school survivor said on Wednesday.

Commodore, 80, was attending the first of four days of the Truth and Reconciliation Commission event.

Commodore attended Coqualeetza Institute in Chilliwack for one year before moving to the residential school in Port Alberni in 1940. She spent seven years on the island and remembers the beatings and the abuse, physical and sexual.

She said it wasn't until she was older that she was able to realize the impact it all had.

Commodore praised a healing centre on Vancouver Island for helping her.

"There's a program at Tsow-Tun Le Lum called 'Moving beyond the traumas of our past,' and that's exactly what we're looking to do," she said.

Despite the trauma, Commodore raised three children while putting herself through nursing school and eventually became a provincial politician from 1982 to 1996.

Trace Joe, left, listens as her mother Margaret Commodore recounts living in a residential school as a child at Pacific Coliseum on Wednesday. NICK WELLS/METRO

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Surrey. Police investigate male body found in park

Homicide investigators have been called to a park in Surrey after the body of man was discovered.

Integrated Homicide Investigation Team Sgt. Jennifer Pound says the body was found Wednesday morning.

The victim has yet to be identified.

Meanwhile, the Independent Investigations Office (IIO) confirmed its members were at the scene of a police-involved incident in Burnaby.

The office, which examines cases in which police are involved in a death or serious injury, says a team was dispatched early this morning.

IIO spokeswoman Kelly Kilpatrick says Burnaby Mounties reported they found a man in medical distress on a city street and put him in the back of their police cruiser, but the man's condition deteriorated, prompting the call to an ambulance and then to the IIO. THE CANADIAN PRESS

Campbell River. Police ID boy who collapsed at home

A three-year-old boy has been identified as the toddler who died in hospital after collapsing at his home in Campbell River, B.C.

The coroners service has identified the tot as Brandon Terrell David Jacobson.

Regional coroner Matt Brown says the boy lost consciousness on Sunday evening and was rushed to hospital but could not be revived.

Since the death, neighbours say RCMP officers have remained outside the apartment where the boy lived.

Brown has not released a cause of death.

THE CANADIAN PRESS

Don't text and drive

#stupidcombo a smart way to fight bad driving: VPD

The Vancouver Police Department has launched a new campaign to get drivers to take their eyes off their phones and back on the road.

The department has launched the "Stupid Combinations" ad campaign — also known as #stupidcombo — with ad agency DDB Canada.

Featuring three examples of stupid combinations, like weightlifting and swimming, the department is encouraging the public to submit their own creations via Instagram and Twitter for a contest. NICK WELLS/METRO

Serious condition

Man charged in neck slashing at field near school

Vancouver police have laid charges on a 23-year-old man in connection to a Monday-night stabbing at a field near Britannia Secondary School.

Police are recommending an aggravated assault charge against Michael Bernal Zamora.

The victim suffered a severe slash wound to his neck and is listed in serious but stable condition.

Police had originally considered requesting charges of attempted murder.

Zamora is scheduled to appear before court on Sept. 23. NICK WELLS/METRO

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Passengers watch in horror as bus barrels into path of VIA train

Ottawa. Impact kills driver, five passengers as witnesses view it all in total disbelief

Passengers aboard a double-decker bus screamed "Stop! Stop!" as the driver plowed through a flashing level crossing and into a passing VIA Rail train Wednesday morning, killing at least six people and injuring many more.

The horrific collision sheared off the front of the bus and knocked the VIA locomotive and one of four passenger cars off the tracks.

Police confirmed six dead, while several area hospitals were flooded by 31 patients, including 11 in critical condition.

"People started screaming, 'Stop, stop!' because they could see the train coming down the track," said student Tanner Trepaniere, who was on the upper level of the new, double-decker OC Transpo bus.

"There was a lot of screaming, but then people were actually relatively calm, considering the situation," Trepaniere said of the aftermath.

"He must have lost his brakes," said Pascal Lolgis, who saw the bus go through the barrier. "Or he had an ... attack or whatever.... He just didn't stop."

"I was just looking around, just watching things happen," said another witness, Mark Cogan, who agreed the barrier was down.

"I just thought maybe there's a side way around or something, but instantly ... he went through the guard rail and just hammered the train and then it was just mayhem."

Ottawa police spokesman Marc Soucy said officers responded at 8:48 a.m. Rescue crews swarmed over the mangled wreckage as ambulances, fire trucks and police vehicles flooded the scene.

The accident occurred just outside a suburban VIA station in the west end. The train tracks in the area cross both a major city street and a transit line reserved for buses only.

At a press conference, Mayor Jim Watson summed up the shock of the crash and its effect on the community.

"The sorrow that we all feel is deep and I'm sure shared by all residents of Ottawa, and in fact all of Canada," he said.

JOE LOFARO, GRAHAM LANKTREE, SEAN MCKIBBON, STEVE COLLINS/ METRO IN OTTAWA, WITH FILES FROM THE CANADIAN PRESS

Unforeseen disaster

"We've lost six of our neighbours, people who started off this ... sunny day as we all did, heading from their homes and loved ones to go about their daily lives."

Ottawa Mayor Jim Watson, in a Wednesday afternoon press conference

A VIA Rail train and a city bus collided in Ottawa's west end on Wednesday. The scene

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was quickly flooded by ambulances, fire trucks and police vehicles. TERRY PEDWELL/THE CANADIAN PRESS

A man carries a young child away from the wreck. ADRIAN WYLD/THE CANADIAN PRESS

Sixth victim

Bus driver a 'very nice guy'

As family and friends mourn the death of five passengers, a Gloucester family is grieving the sixth victim: Bus driver Dave Woodard.

People who know the family said the driver's relatives were traumatized by the news.

Reached by phone, a neighbour expressed disbelief that Woodard was behind the wheel.

"He was a very nice guy," said the woman, who didn't want her name published.

"I was just speaking with him yesterday and it just blew me away when I heard he was the driver."

Woodard had 10 years of experience as an OC Transpo bus driver.

"He was a great neighbour," she said.

"Very personable, would talk to anybody. I'm sure he would give you the shirt off his back if he could."

JOE LOFARO/METRO IN OTTAWA

Investigation

Piecing the facts together

Transit officials gathered evidence and began to piece together what led to the collision Wednesday.

Glen Pilon, lead investigator for the Transportation Safety Board of Canada, said recording equipment could detail the speed the vehicles were travelling, whether they braked and whether they were working properly to determine the cause.

"My personal assessment was that he did not brake," said passenger Gregory Mech, who was on the second level of the bus. "Others said he broke a second before impact."

"We were all thrown forward," he said, "but as the train was going through the crossing it was still moving forward.... We had a left-right shake."

Mech added that a sharp turn before the rail crossing may have been a factor.

"You don't see the crossing until you complete the curve," he said. GRAHAM LANKTREE/METRO IN OTTAWA

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Make our senses sizzle

The seventh global Metro photo contest is calling on photographers to stimulate our judges' senses. This year's theme is the five senses, plus one. Photographers are invited to submit photos that illustrate each category — sight, sound, hearing, touch, taste and the sixth sense. A winner in each category will be chosen from participating countries with a global winner chosen from those photos. Among those top six photos, a grand prize winner will receive a six-day trip to Ghana with Reach for Change. Local winners, plus an overall winner for Canada, will be announced in the newspaper.

Submit photos at metrophotochallenge.com before Oct. 13, 2013

Sight: Jeanne Beker

Canadian fashion icon Jeanne Beker says her background as a mime artist taught her a picture is worth a thousand words. A photo that portrays spontaneity, elegance, drama, sensuality and charm will impress her. "I adore a photograph that tells or suggests an intriguing story," she said. "I especially love portraits, and the synergy between photographer and subject that can relate in a masterful shot," she said. Beker's career in fashion journalism, including as host of Fashion Television, has given her access to the world's greatest photographers.

Smell: Barb Stegemann

Businesswoman Barb Stegemann will judge the scent category of our contest not with her nose, but with her gut. "I think I will find scent in a photo by going with my gut reaction," she said. "I will then close my eyes and think a bit and come back to it. That is my process with most things." Stegemann is the CEO of 7 Virtues, a perfume company that sources essential oils from legal crops in Afghanistan to provide farmers an alternative to illegal poppy crops. Her favourite scent is the Afghanistan orange blossom. "The scent can carry you away to what is good about a place and gives us a new way to honour the heritage and culture."

Taste: John Jackson and Connie DeSousa

Co-owners and co-executive chefs of Calgary's CHARCUT Roast House, John Jackson and Connie DeSousa, know what kind of photo makes you salivate. "If it's a roast chicken the skin needs to be golden brown and crisp to the eye with a warm steam lifting from it and drips of juice dripping down the side," said Jackson. "Through our experiences working with such a great variety of food and being able to experiment over our careers with different flavour combinations, I think we have a good idea of what things would be delicious just by looking at the combination of ingredients in a photo," he said.

Touch: Maria Franke

Maria Franke, the curator of mammals for the Toronto Zoo, is one of the few people who have touched a panda. And she knows that in the animal kingdom, things don't always feel like they look. "Their hair is actually quite coarse," she said. "Everyone thinks they look like a plush little panda — and they do look like that — but they're not as soft." Franke will use that experience to judge how well the sense of touch is conveyed in the photos. "A lot of people have misconceptions — they'll think snakes are slimy, when they're not. They're skin is really, really soft and smooth." When it comes to art, she likes simple, but wowing.

Hearing: Nonna Aroutiounian

Clarinettist Nonna Aroutiounian understands how music can evoke colour and texture in your mind. So, she's hoping the photos she judges will transcend the literal representations of sound — a photo of clarinet or French horn, for example — and make her hear something wonderful. "From my experience, music is not just an audible thing. A lot of people experience music in colour — musicians translate how they're going to play by the colour they get when they hear sound," she said. Aroutiounian is an orchestral musician who has played all over the world, an arts manager and an entrepreneur, having recently co-founded the Toronto Pop-Up Orchestra.

The sixth sense: Douglas Coupland

Author and artist Douglas Coupland believes in the "sixth sense," and he'll recognize it in a photo. "There is obviously something out there. I don't know how or why it works, but we've all felt it and we all know it's real. That's the sixth sense," he said. He doesn't want a photo that just documents its subject, which, he said, would be merely "Instagram fodder." "A photo that works in 2013 has to stir your soul without being coy, manipulative, schmaltzy, cheesy, cliché, or a photo that tries to emulate someone else's photo. Success isn't about virality; it's about capturing something strong and real and eternal."

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Low-key launch. BlackBerry's new phone has 5-inch screen

BlackBerry, amid minimal fanfare, unveiled another new smartphone on Wednesday, this time with a bigger screen that appears designed to attract users who want a midpoint device between a phone and tablet.

But the launch was largely overshadowed by the latest developments at its competitors and reports that the company is planning to deliver another round of major layoffs.

It's the latest setback for the company, which has been trying to regain ground in the technology market even as consumers seem to be increasingly losing interest in the brand.

The new BlackBerry Z30 comes with a five-inch screen, improved battery life and a faster processor than the models released earlier this year, and is about the same size as its competitor, the Samsung Galaxy S4. BlackBerry took a relatively low-key approach to promote the new device on Wednesday.

The BlackBerry Z30 has a five-inch display, which means it's about the same size as its competitor, the Samsung Galaxy S4. COURTESY BLACKBERRY

The phone was announced at an event in Malaysia that even chief executive officer Thorsten Heins didn't attend. MKM Partners analyst Mike Genovese said Malaysia is one of the few markets where BlackBerry has seen growth in recent years, and he expects that local consumers will value the larger screen more than in North America or Europe where alternatives are aplenty. "It actually points out how limited this launch really is," Genovese said. THE CANADIAN PRESS

Major layoffs ahead?

- BlackBerry could lay off as many as 5,000 employees in the coming months in an effort to return the smartphone maker to profitability, according to a media report.
- The Wall Street Journal says executives are preparing to reduce the company's staff by as much as 40 per cent before the end of the year, citing people familiar with the matter.

Market Minute

DOLLAR 97.83¢ (+0.70¢)

TSX 12,931.40 (+97.29)

OIL $108.07 US (+$2.65)

GOLD $1,307.60 US (-$1.80)

Natural gas: $3.73 (-1¢)
Dow Jones: 15,676.94 (+147.21)

Online privacy

LinkedIn asks to disclose FISA data

LinkedIn has asked a U.S. secret court to allow it to disclose the number of national security orders it has received under the Foreign Intelligence Surveillance Act. Google, Microsoft, Yahoo and Facebook have similar cases pending before the FISA Court. THE ASSOCIATED PRESS

Thar she blows!

App helps ships avoid whales

U.S. officials trying to reduce the number of whales struck and killed by ships sailing in and out of San Francisco Bay are testing a new smartphone app that could help locate the creatures more accurately. The Whale Spotter app would allow sailors, fishermen and marine scientists who spot whales to plot their location on an interactive map. THE ASSOCIATED PRESS

A blue whale and a cargo ship in the Santa Barbara Channel off California. THE ASSOCIATED PRESS FILE

Tax evasion

Beanie Babies creator charged

The creator of Beanie Babies stuffed animals, 69-year-old billionaire H. Ty Warner, was charged Wednesday with federal tax evasion for failing to report income earned in a secret offshore bank account, and he has agreed to pay a more than $53-million US penalty. THE ASSOCIATED PRESS

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TAKE GUESSING OUT OF THE GAME

HE SAYS

John Mazerolle
metronews.ca

Hockey's off-season is over! What a terrible couple of weeks that was.

Without the lifeblood of hockey coursing through my veins, I was forced to have awkward conversations with friends about topics I'm not actually interested in, such as their friendship. But now that the Zamboni has had time to flood the ice not once but twice and the Chicago Blackhawks victory parade has almost wrapped up, we can drop the puck again.

The new season has many storylines that will unfold on TV screens just over my first dates' shoulders this winter, so here's a look at my predictions for the 2013-14 NHL season:

Boston Bruins forward Patrice Bergeron, who fought last playoffs through a separated shoulder, broken rib, torn rib cartilage, and a face that looked like it had been mulched, all in a losing cause, will produce a series of "For The Love Of The Game" youth recruitment videos, causing Canadian enrolment to plummet.

The Phoenix Coyotes will celebrate their 1,000th customer.

Florida Panthers goalie and Tea Partier Tim Thomas will once again find himself in hot water politically, when a 1983 photo surfaces showing him shaking hands with Cuban communist revolutionary Fidel Castro.

The New York Islanders, hit by years of budget constraints, will send pink slips to all their left-handed shots. Management will promise to do "more with less."

Vancouver Canucks coach John Tortorella will show a new, softer side by letting reporters finish their questions before politely explaining that their questions are stupid and they should consider another line of work, like base jumping.

This year's outdoor games (23 in all) will remind fans of a gentler, simpler time when games were played outside at an inconvenient distance for $400 a ticket.

Newly acquired Dallas Stars forward Tyler Seguin, infamous for his partying, will run afoul of management when he's caught with an escort near the left face-off dot at the 13-minute mark of the third period.

In a hilarious gaffe that will be replayed on all of the highlight shows, a Raleigh man will accidentally pay full price for a Carolina Hurricanes ticket.

Pittsburgh Penguins superstar Sidney Crosby will transform from a whiny diver who thinks nothing of cheating and makes fans sick, to a feisty acrobat who will do anything to win and makes Canadians' hearts swell with pride, from Feb. 7 to 23 inclusive. Fans will have no explanation for the change.

The amount of hits to the head will be reduced thanks to a league-wide focus on each team's biggest players punishing transgressors by hitting them multiple times in the head.

Longtime Ottawa Senators forward Daniel Alfredsson will reveal in his first visit to the nation's capital as a member of the Detroit Red Wings, that HE WAS A SENATOR ALL ALONG, hitting Red Wings coach Mike Babcock with a folded-up metal chair before side-suplexing the entire Red Wings roster, then tearing his Red Wings sweater off to reveal the Sens logo beneath, with his face under the helmet.

The NHL Network's new Gary Bettman Isocam will capture each thrown projectile and hurled insult at every game the commissioner attends (four in all).

The Toronto Maple Leafs will win the Stanley Cup.

ZOOM

My selfie... inside a glacier

JONATHAN TUCKER/SOLENT NEWS

Enter the azure world of a glacier

A brave photographer risked his life venturing into a cave below a glacier to capture this self-portrait, in a frozen world akin to an ice age. Jonathan Tucker trudged through swamps and up a mountain for more than two hours to reach Mendenhall Glacier near Juneau, Alaska, 1,550 metres above sea level. The glacier is a staggering 21.9 kilometres in length. METRO

Photographer's view

"The glacier is constantly melting, so you never know if the cave will collapse at any minute. It took my breath away. It was terrifying."

Jonathan Tucker, 27, landscape photographer from Whitehorse, Yukon

Ice caves

- Caves form as a glacier moves over a disorder in the ground surface and it detaches itself from the floor. The base layer reconnects with the ground layer, forming striations, thin parallel lines made up of sediment, which refreezes to the base of the glacier.
- Eisriesenwelt, in Austria, is 42 km long — the longest ice cave in the world.

Claustrophobia? Not a problem

Locals had warned Tucker that the water inside the cave was so cold he would have survived for just 10 minutes if he fell in. The landscape photographer said: "I felt very claustrophobic at the beginning but it started to pass as I was taking photos. However, I then heard a crack or movement of the glacier above me, which sounded like I was in the clouds in a thunderstorm." METRO

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

From mapping the mysteries of the mind to discovering the science of sex, there's no shortage of podcasts promoting science for the non-scientists. So rejoice, just because you don't have a PhD in molecular physics, doesn't mean you can't marvel at the mind-boggling universe. Give these three programs a listen:

Neuropod:

From the history of hypnosis to Alzheimer's origins, this podcast, found on nature.com, breaks down the science in our noggins. No background in neurology needed.

RadioLab:

Covering a wide-range of topics from the history of the Heimlich manoeuvre to stories about the science of speed, the well-loved podcast frequently tops the "must listen" lists.

Star Talk:

Internet famous Neil deGrasse Tyson, pictured, keeps science cool by tapping into celebs for his (nearly) weekly podcast. Despite the name, Tyson doesn't just talk space — he also explores the science of "doing it."

GETTY IMAGES

Twitter

@metropicks asked: The emoticon marks its 31st anniversary. What's the one emotion for which you wish there was an emoticon?

@FrenchmanCanada: The "I was just being polite, I don't want you to send me more pictures of your DIY project" emoticon.

@CedricRichards: That one emotion for when you feel like a 90s kid

@AnneHayward2: walking on clouds; yearning/longing; dreaming; lots of them!

@NodalesA51: The "I just caught a whiff of a weird smell and I don't want to know what it is."

@sheldoncoelho: "Thank you, Sorry and Please" because emoting it is easier than saying it. #JustSaying

@dsteele7: Straight-up unambiguous sarcasm. So many problems would be solved with a universally known/recognized sarcasm face

@Lissa3116: I think a drooling emoticon. #imweird #needitsometimes

@TravelWandering: Emoticon for 'this conversation is OVER'

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Pretty sure these won't be bear crap

Go Canada. Some domestic offerings from the Vancouver International Film Festival

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Cory Monteith in his final role in Gia Milani's tragi-comedy All the Wrong Reasons, part of this year's annual Vancouver International Film Festival.
CONTRIBUTED

A lot of people complain about the quality of films hailing from this vast, oft-frozen land.

These critics spout broad, generic things like "Canadian films are terrible," or "Canadian films are boring," or, my personal favourite, "Canadian film is mostly naval-gazing bear crap."

While I've seen my fair of naval-gazing snoozefests (and actual bear crap — though never in a theatre), it's not a Canadian-centric phenomenon.

And lumping all Canadian film into "terrible" and boring" is just plain stupid.

The biggest problem with Canadian film is trying to find it at a theatre near you.

The Vancouver International Film Festival can help you with that. Yes, there's the "International" part of the festival — it's right there in the title.

Plenty of great films from around the world. And certainly some bad ones too.

Hey, film is subjective, right?

But today we're keeping our lens trained on Canadian sets. Although it's by no means a blind endorsement. After all, I haven't seen any of them. Indeed, one or two of these might fit into those silly statements above.

But it's my duty as a Canadian flag-waving film lover and entertainment writer, to tell you about some of the films on tap in the Canadian Images stream of the festival.

Because Canadian film deserves our support. And, hey, some of it's pretty damned good.

Cue national anthem ...

All the Wrong Reasons
Canadian Images opens with this romantic tragi-comedy by Gia Milani, about four troubled souls coming together inside an unassuming department store. Starts Karine Vanasse, Emily Hampshire, Kevin Zegers and — in what's become his final film role — Cory Monteith.

The Dirties
VIFF blurb calls Matt Johnson's debut "conceptually daring ... a high school movie geek's power fantasies about exacting revenge on his tormentors spill over into reality and spiral out of control." Won the Best Narrative Feature at Slamdance 2013.

Rhymes for Young Ghouls
Jeff Barnaby's debut is, according to VIFF blurb, an "audacious, genre-bending" one. "Reigning 'weed princess' of Red Crow reserve ... communes with spirits as she plots vengeance against the callous Indian Agent tormenting her community."

Sarah Prefers to Run
Romance gets in the way of a fiercely driven runner in Chloe Robichaud's debut. Stars Sophie Desmarais.

Whitewash
Director Emanuel Hoss-Desmarais' debut starts Thomas Haden Church (reportedly excellent), who heads into the Quebec forest on his snowplow and starts living like an outlaw. Busy VIFF blurb writer says Desmarais' film "signals the arrival of a formidable new talent."

Watch all of these films. Or one or two. It's up to you. Find out where and when at VIFF.org

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How will the cards fall on Emmy night?

Predictions. It's a historic year in the world of TV awards, with House of Cards the first online show to nab a nomination

Kevin Spacey brought some big screen swag to House of Cards. CONTRIBUTED

Emmy Awards crystal-ball gazing was so much easier in the old days, circa the last few years: ABC's Modern Family would be honoured as best comedy series and a cable show, Homeland or Mad Men or such, would win best drama.

Modern Family may earn its fourth consecutive trophy at Sunday's ceremony. But the drama picture is murkier because of Netflix's House of Cards, the first online program to be nominated for top series honours under a 2007 Emmy rule allowing digital contenders.

"We didn't believe it would take as long as six years-plus for the world to start looking to this new explosion of original content," said Rob Barnett, who moved his career from cable (MTV, VH1) to online as founder and CEO of My Damn Channel. "But it's clearly happening."

Whether House of Cards will actually claim the trophy is another matter. It took more than a decade before a cable show, HBO's Sex and the City, prevailed as a top series winner; in an impatient world, might House of Cards compress the time frame?

Or it is possible that astute Emmy voters smacked their foreheads, realized they had yet to crown AMC's Breaking Bad as TV's best drama and made amends? They should have, we say in unison. Here are some predictions for the 8 p.m. EDT ceremony on CBS hosted by Neil Patrick Harris — who, no Ouija board needed, will be reliably outstanding.

Drama series

Should win: Breaking Bad. It's at the height of its power, and Walter White knows where you live.

Will win: House of Cards. Ambitious politician trumps ambitious drug dealer in Washington-bedazzled Hollywood.

Comedy series

Should win: Louie. Life can be brutal, but also brutally funny in Louis C.K.'s hands.

Will win: Modern Family. It's comfortably amusing and academy voters like it, they really like it.

Actor, drama series

Should win: Jon Hamm, Mad Men. Don Draper finally confronts his pain and what he's done to others. Hamm's trophy is even more overdue.

Will win: Kevin Spacey, House of Cards. Take that, movies! TV is better than ever, and honouring a visiting big-screen star drives the point home.

Actress, drama series

Should win: Kerry Washington, Scandal. She offers a powerhouse performance that keeps the madcap series spinning but not out of control.

Will win: Kerry Washington, Scandal. Don't overthink what will be an unprecedented African-American victory; she simply deserves it.

Supporting actor, drama series

Should win: Bobby Cannavale, Boardwalk Empire. Of course he can bring a fresh spin to a gangster role; what can't this actor do?

Will win: Aaron Paul, Breaking Bad. His character's vulnerability is habit-forming, and he's poised for his third consecutive win.

Supporting actress, drama series

Should win: Christina Hendricks, Mad Men. When the going got tougher so did her character, and Hendricks soared.

Will win: Anna Gunn, Breaking Bad. It's the embattled Mrs. White's turn to shine.

Actor, comedy series

Should win: Don Cheadle, House of Lies. There was a reason for his upset Golden Globe victory over Alec Baldwin and other past winners.

Will win: Louis C.K., who made the sad clown irresistible.

Actress, comedy series

Should win: Laura Dern, Enlightened. If you're looking for layered humanity in any character, she's your woman.

Will win: Julia Louis-Dreyfus, Veep. She wears power and the lunacy of ambition well. Elaine who?

THE ASSOCIATED PRESS

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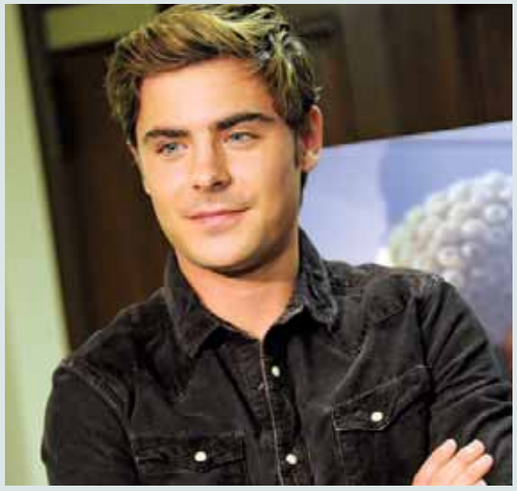
OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



It was cocaine, not booze that sent Efron to rehab: reports

THE WORD
Melinda Taub
scene@metronews.ca

Zac Efron's people came clean yesterday and said that he'd recently completed a stint in rehab for alcohol abuse.

However, that burst of honesty may have been a bit of sleight of hand to distract from something they still didn't want to talk about: It was reportedly cocaine, not alcohol (or not just alcohol), that drove the once squeaky clean High School Musical star to seek treatment.

According to TMZ, Efron's problem was at its worst this spring, when he missed several days of filming on Seth Rogen's Neighbors due to his cocaine abuse.

Uh… so? I mean yeah, cocaine's illegal and a harder drug, but am I the only one surprised that this is such a big deal?

Addiction is addiction, and he's in treatment for whatever it was. Also, everyone in Hollywood seems to do drugs.

Betty White probably does drugs. How else could she be so perky at her age?

Public showers aren't really Paltrow's thing

Gwyneth Paltrow. ALL PHOTOS GETTY IMAGES

And here we thought the people who brought flip-flops to wear in the gym shower were high maintenance — but they don't touch Paltrow. The actress reportedly has an assistant go in and wipe down her gym's shower before she uses it.

"She refuses to touch what she calls 'somebody else's shower water,'" a source says.

Miley who? Hemsworth gets lucky in Las Vegas

Liam Hemsworth seems to be taking his split from fiancée Miley Cyrus quite well. The Paranoia actor reportedly hit it off with singer-actress Eiza Gonzalez in Las Vegas after they had "just met," chatting over drinks at a nightclub, according to TMZ.

And back in L.A., Hemsworth was spotted stopping by her apartment to drop off a piece of luggage — and engaged in quite the passionate lip-lock in the parking garage.

Twitter

@aplusk
Yesterday was today's author and today will be tomorrow's but we each hold our own pen.

@lenadunham
You guys, not trying to brag but I was in an elevator with a model.

@SethRogen
"If you pedal uphill enough, peddling flat feels like going downhill." - Lance Armstrong's biography I'm writing in my head.

Madonna's birthday bong

Madonna didn't hold back when taking part in a recent Reddit Ask Me Anything session, fielding all sorts of questions from the online community. The last dream she remembers having that she's willing to share? "Brad Pitt and I were living together and there was a small blond child in the bed," she responded. And the best birthday present she's ever received? "I got a bong in the shape of a penis."

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My first fashion week

Even the most jaded, poker-faced fashion industry vets started out as bright-eyed youth excited to get a standing room only ticket. We asked a few seasoned insiders to recall the moment of their first entry into fashion's hallowed runway shows.

METRO WORLD NEWS

Lara Mullen, model

"Having been scouted by my model agency Premier two weeks before the shows, I suddenly found myself en-route to New York with a set of polaroids and my auntie Wendy. Many surreal moments followed which certainly got the adrenaline pumping! From balancing in sky scraper heels at Alexander Wang (my very first show), to walking the Prada Milan exclusive to Gisele coming to my rescue at Givenchy, after the strap of my shoe broke!"

Dani Stahl, style editor-at-large at NYLON

"Whilst interning at Elle magazine I was writing my senior college paper on Betsey Johnson, so my boss took me into the show. I stood all the way in the back and desperately tried to take pictures. I could barely even see but I thought it was the greatest thing that could ever happen."

Sam McKnight, hair stylist

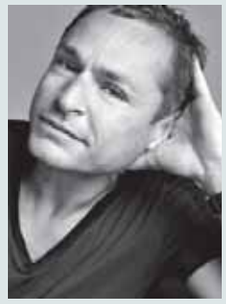
"The year 1985 in London was all very 'ab fab.' There was a lot of attention on all the club culture and the New Romantics. For Katharine Hamnett's first show we did these kind of flick-up, Miss Moneypenny-style wigs. Afterwards Lynne Franks, the PR guru (and my agent at the time) threw Katharine a big party at a warehouse in Covent Garden. Lynne made me go home and get one of the wigs from the show so she could wear it. We couldn't find the headband that went with it so Lynne ended up using a tea towel wrapped around her head. That kind of sums up the energy of the time. It was just about having fun. The whole thing was incredibly creative."

Fred Butler, designer

"I was interning for AsFOUR in 2001 when they had an exhibition at Colette during Paris Fashion Week. They took me everywhere with them that week and it involved a lot of partying. As a student from Brighton it was ridiculously exciting. The first night I found myself being interviewed by Jeremy Scott for MTV who was asking me what my favourite thing about Paris Fashion Week was. Surrounded by the camera crew, I couldn't answer. I was in shock by the whole surreal situation."

Tom Pecheux, makeup artist

"I was assisting at a Chloé show that featured all the supermodels like Christy, Naomi, Linda and Claudia. They all wanted their makeup done by the lead makeup artist or the other assistant that they already knew. No one wanted me so I went to get a coffee. When I came back Christy Turlington was sitting on my chair. I asked her if she was waiting for someone to do her makeup and she said, "No, you can do it if you want." I was so happy but also so afraid. My hands were shaking the entire time. Christy isn't only a beautiful model, she's also a wonderful person.'



Fragrance for a cause

Invent your own essence

Fragrance company The 7 Virtues will launch its new Custom Blend Box this Saturday to coincide with International Day of Peace. The set allows users to create their own signature peace fragrance and will include four fragrances made with natural essential oils sourced from Haiti, Afghanistan, Israel and Iran. The 7 Virtues fragrances support nations rebuilding after war or strife. The set will be available at Hudson's Bay stores across Canada. METRO

The Kit

Canadian street style

Spotted in: Ottawa

Barbora Architect

What she's wearing
Guess Shirt and Jacket, Arden Shoes, C&A Skinnies, HM Sunnies, BAX Bag

Her inspiration
"Comfort, first and foremost. I also love neutral shades such as black and greys."

THE KIT PHOTOBLOGGER: KATARINA KURUC, LOVEK.ORG

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Trends Report

- Fall fashion events are a good indication of the trends to come in Spring and Summer 2014. Go online to Trends Report to see which colourful trend I've zeroed in on from New York and London fashion weeks and let me know if you like it or not.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetroIreneK

When you wish upon a runway

Wish lists. We all have 'em. From modest ones, to think-big ones, to only-in-our-dreams ones, they're forever growing with bookmarked sites, Instagram snaps, and magazines full of tear outs. Here are the new season picks we're craving here at Metro headquarters. All totally justifiable, of course.

METRO WORLD NEWS

J.Crew Leather Front Merino Cardigan

$268, jcrew.com

Anton Heunis Triple Cluster Statement Necklace

$488, my-wardrobe.com

Miu Miu Patent Leather Mary Jane Ballerina Shoes

$590, miumiu.com

Miu Miu Pebble-Finish Madras Goat Leather Top-Handle Bag

$1450, miumiu.com

River Island Light Wash Ripped Cassie Boyfriend Jeans

$90, riverisland.com

Rochas Floral Silk-Satin Jacquard Midi Skirt

$2,520, net-a-porter.com

Catarzi Classic Fedora

$51, asos.com

Roksanda Ilincic Estes Checked Silk-Blend Dupion Top

$720, net-a-porter.com

Rochas Felted Cazantino Wool Coat

$1470, matchesfashion.com

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Warm up to chilly weather in style

Got a light, airy decor and want to make it warm and cozy for the fall? Use neutral colours like grey, black and brown and add a few textures here and there; you'll have a space that looks just as stylish throughout the winter as it did last summer.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Flannel sheets

Replace those jammies and get in bed with something warm and fuzzy. Polka Dot Flannel Sheets, starting at $25, simons.ca.

Synthetic cowhide

Throw this over a larger rug for a layered look and cozy feel underfoot. Looks like the real thing! Synthetic Cowhide, Nevada in Camel & Beige, $249, homesav.com.

Mohair throw

This will become your best friend on those snowy, grey days. Cuddle up with a good book in style. Mohair Throw with Fringe, $199, zarahome.com.

Cast iron

A fabulous industrial look with the returning popular trend of cast iron. Staub Teakettle, $150, crateandbarrel.com.

Brushed velvet drapes

Keep out cool winter drafts in style. Brushed Cotton Velvet Drapes, from $199, restorationhardware.com.

Electrical fireplace

Handsome Scandi-1970s design that adds optional heat during those chilly nights. Slips into the closet during summer months. Aspen Pedestal Electric Fireplace, $249, homedepot.ca.

Don't let your patio get the winter blahs

Sharing a meal or relaxing on a deck, patio or balcony can be the highlight of a summer day. And when the season changes, proper care can make your outdoor furniture last for summers to come.

Whether you have a pricey patio set or something more modest, experts recommend some simple steps for upkeep and storage.

Often, outdoor furniture "is a bit of an investment, so it makes sense to put effort into protecting and maintaining what you have in your yard," says Matt Blashaw, a licensed contractor and host of DIY Network's Yard Crashers.

Look for cover

Ideally, it's best to store any type of patio furniture — metal, plastic or wood — indoors during harsh weather. If that's not possible, Blashaw recommends weather-proof covers, or at least some simple poly/vinyl tarps secured with straps or weighted down.

"There are furniture covers of just about every shape and size available," he says, adding that the newest ones are waterproof and UV-treated for protection.

Measure your pieces before you buy covers to ensure the right fit. You can also ask for manufacturer guidelines that may help you choose the correct style.

Careful cleaning

Before you store patio furniture, make sure it's free of dirt and debris.

Lowe's Home Improvement spokeswoman Colleen Maiura tells customers to check the manufacturer's directions before using any cleaning products.

For most materials, however, you'll just need soap and water, she says. Consider using a pressure washer on a low setting (1,200 to 1,350 pounds per square inch) to make the job go even more quickly.

For acrylic cushions, Maiura recommends spot cleaning with a sponge, mild soap and water. Make sure the cushions are completely dry before storing them.

Must-do maintenance

Some additional maintenance can keep your set functional and looking fabulous.

For wood, you may need to oil or varnish it, depending on the type. For wicker, you may have to wax if it's not water-resistant.

Some metal frames require paint touch-ups, but most are made to be rust-resistant or rust-free. If your set is not, consider using paste wax or naval jelly for protection. Some rusted metals can be professionally powder-coated, making them look new again.

Wear out the warranty

Blashaw says one of the biggest mistakes homeowners make with outdoor furniture is throwing it out instead of making simple repairs with parts covered under warranty.

"Keep the receipt, and if the furniture does not hold up to the regular 'wear and tear' promise within the warranty period, contact the manufacturer and get yourself a brand new set," he says.

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Prep your home for winter — before the first cold snap

Fall cleaning. Get these winter-proofing tasks out of the way while the weather is still mild enough

Rake up leaves: Wet leaves can lead to mould and are a breeding ground for pests. ISTOCK

Labour Day — our last barbecue-filled beach day and the final hurrah of summer is over. Now, it's time to focus on shopping for warm clothes and prepping the house for fall. Here are some tasks to get out of the way while the weather is still mild so we can cozy up to our fave Cabernet Sauvignon stress-free later.

Service your heating system
As much as 80 per cent of emergency calls answered by heating specialists are the result of improper maintenance. Schedule an appointment soon so you can beat the rush and help avoid a breakdown in the middle of a freeze.

Check and replace filters
Fall is the perfect time to check your furnace filters. Efficient operation distributes heat better and cuts your energy costs. Plus, it's an inexpensive and easy task.

Protect your pipes
Have your plumbing looked at and water lines insulated. Cleaning all lines can help remove clogs. Clogs cause backups, which can freeze and weaken pipes — and potentially cause bursting. Wrap your pipes with insulation designed for plumbing to protect them.

Add insulation
This is one of the lowest-cost options for improving the energy efficiency of your home. The proper amount of insulation depends on the climate you live in. Obviously, the colder the weather, the more you need. Look in your attic: If you see exposed two-by-fours, you are due for more insulation.

Seal drafts
Caulk, seal and weather-strip where drafts are detected. Walk through your home with a lit stick of incense or a candle. Drafts will pull the smoke toward them, making it easier to determine where the cold air is seeping in.

Drain your water heater
You can improve your water heater's efficiency by up to 50 per cent by draining sediment buildup from the holding tank.

Check your gutters
Gutter blockage of dead leaves and other muck can cause serious water damage. If they're clogged, hire a professional for a cleaning. If they're not clogged, check again after the leaves have fallen.

Rake up leaves
Fallen leaves will deprive your grass of crucial sunlight. Wet leaves can also lead to mould and are a breeding ground for pests. METRO

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How to survive your DIY renovation

DIY. These five tips will help make your home renovations as painless as possible

Your daily routine gets thrown out the window and the house is in a constant state of chaos: welcome to DIY renovations.

Undertaking your own project can be a rewarding experience, but speed bumps are bound to happen without experienced professionals. To get an idea of what you're in for, here are five ways to make your project as painless as possible.

1. Prepare for the worst, plan for the best

The more time you spend on planning and preparation, the less likely you are to run into surprises or delays.

Create a detailed schedule for your project including when materials should be ordered and delivered, the tools you'll need for each job and a generous estimate on the time commitment. A well thought out schedule is the foundation for a successful renovation.

2. Perform damage control

Try to isolate your renovation from the rest of your home as much as possible.

Cover your air ducts and turn off any ventilation to help keep dust and dirt from spreading beyond the construction area. Not only will this limit your cleanup, it will help protect the air quality in the rest of the house.

3. Perfect your microwaving, slow cooker and BBQ skills

Even if you're not renovating your kitchen, it can be hard to find the energy to cook a good meal after a day of demolition or putting down flooring.

It's helpful to prepare meals in advance that you can easily throw in a slow cooker or microwave.

If you are renovating your kitchen, find a separate space that can be used as a makeshift food prep and cooking station — whether it be your outdoor BBQ or a mini fridge in your living room.

4. Create your own renovation survival kit

A renovation survival kit can help give you the energy to keep going when stress hits a boiling point.

Before starting your project, pick up essentials like ibuprofen, your favourite snack, a bottle of wine, and earplugs or headphones. A personalized survival kit can help you briefly retreat from your renovation when you need it most.

5. Enlist a relationship counselor

Renovations with spouses, friends and family can really throw a wrench into your relationship.

The hard work and stress of DIY renovations are bound to get to everyone. Keep your eye on the finish line and remember you're all working towards a common goal.

FOR EVEN MORE ADVICE, TUNE IN TO RENOVATION REALITIES TUESDAYS AT 10 P.M. ET ON DIY NETWORK CANADA

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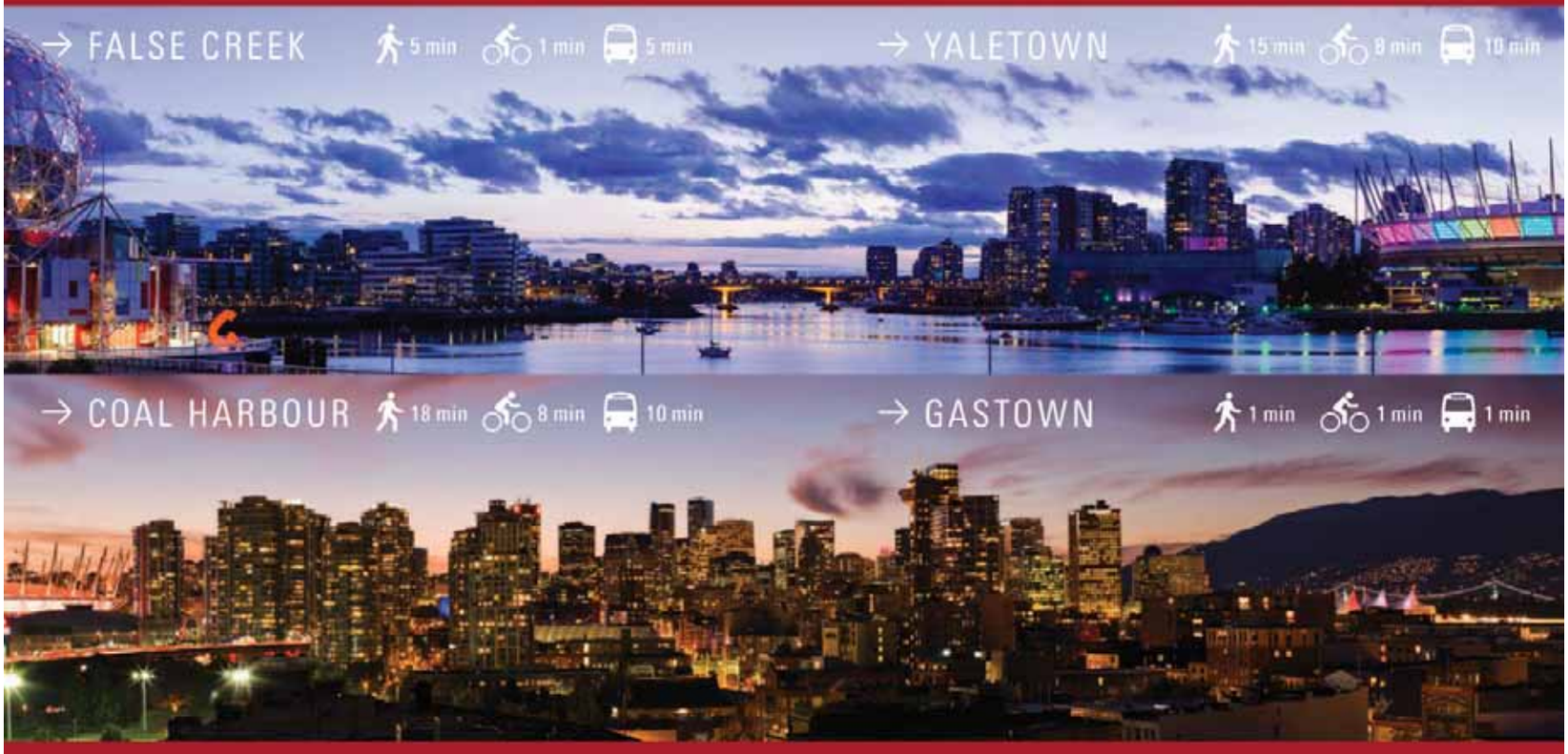

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More are going solar but cost is cooling interest

Ben Kunz's house with solar panels installed on the roof in Cheshire, Conn. AP PHOTO/SOLARCITY

Don't forget leasing.
Proof from the U.S. shows that savings are there to be made and environmental peace of mind isn't too expensive

Ben Kunz wanted to do "the green thing" and save on his electric bill without paying a lot of money up front. So instead of buying a solar system for his house in Cheshire, Conn., he leased one.

"I thought it was a pretty good deal," he said.

"I lean a little environmentalist so I'm concerned about global warming." Increasing numbers of U.S. homeowners are relying on the sun to meet much of their hot water and electricity needs.

In fact, residential electricity produced by solar in the first quarter of 2013 was almost 10 times higher than that generated in 2008, according to the Solar Energy Industries Association.

But the potential for more is huge. Consider this: "The amount of solar energy falling on the United States in one hour of noontime summer sun is about equal to the annual U.S. electricity demand," the Energy Department says in its SunShot Vision Study.

"Saving money and being energy efficient rank really high with consumers today," said Kit Selzer, a senior editor at Better Homes and Gardens.

A Gallup poll in March found that 76 per cent of Americans thought the country should put more emphasis on producing domestic energy from solar power.

So what's stopping more folks from going solar?

"We found that a lot of people were afraid to go solar because they were too afraid of what they didn't know," said Ketch Ryan, who had a solar energy system installed in her Chevy Chase, Md., house several years ago.

To help neighbours, Ryan and Kirk Renaud founded a co-operative, Common Cents Solar, "to make sure we didn't have to reinvent the wheel. We can do it together and we can do it more efficiently."

The first thing is to get your roof assessed to see whether it's viable for solar. The roof's condition, material and angle are among the considerations.

One misconception is that you need a south-facing roof. While south is optimal, solar can be installed on roofs facing east and west, too. "Walk outside on a sunny day and look at the roof," advises Rhone Resch, president and CEO of the Solar Energy Industries Association.

Is the roof covered with shade?

If not, your house may be a good candidate for solar. Some solar companies use Google maps for a first look before sending out staff for a fuller assessment.

Kunz says he's saving money.

He now pays about $140 or $150 for electricity each month, down from about $220. And the total includes his $115 lease payment to SolarCity, a California-based solar company that operates in 14 U.S. states.

Cost is another factor that holds people back. Purchasing and installing a solar system can cost thousands of dollars, depending on how much electricity you want to generate.

"You'll need to pay for it up front," Resch said.

Some people use home equity loans, or lines of credit or other means of financing.

Incentives like tax credits and rebates can bring down the cost.

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Another option

Can't afford going solar? Try leasing

Leasing has opened up solar to a whole new group of homeowners, said Jonathan Bass, SolarCity spokesman.

"We think of ourselves as an energy provider," he said. "Installation is free and the customer pays for electricity."

Solar-generated electricity, that is, for a monthly fee. The cost is lower than if purchased through the electric company.

"We insure the system for the customer," Bass said. "We provide monitoring service. We provide repair service... And we also guarantee the performance of the system."

Jeff Hodgkinson of Mesa, Ariz., said it was that full-service option that prompted him to lease. He paid the full cost of the 20-year lease at the start and expects to begin realizing the savings in about five years.

Going solar for his electricity and hot water was part of a broader effort, he said. "One of the things I wanted to do was make the house very energy efficient."

Ketch Ryan's house, with solar panels on the roof. AP PHOTO/MANUEL BALCE CENETA

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Protect your interiors from ultraviolet rays

Sun protection for the home. UV rays can damage your skin, but they can also fade your furnishings and precious artwork

Sun protection is top-of-mind when we're outdoors, but do you ever wonder if too many ultraviolet rays are getting into your home?

Sally Morse, director of creative services for window treatment manufacturer Hunter Douglas, explains how to avoid the unsightly fading of furnishings and artwork that unfiltered UV rays can bring:

To create an airy space with enhanced protection from the sun's harmful UV rays, try Silhouette window shadings. NEWS CANADA

Another option is energy-efficient Duette Architella honeycomb shades in a new semi-sheer fabric for a soft, screened view. NEWS CANADA

• A must for UV-protection is the right window dressings. Most Hunter Douglas products help to block the majority of UV rays when fully closed and certain products have received high ratings for protection while still allowing light and a view.

These include Silhouette window shadings, which feature soft fabric vanes suspended between sheer fabric panels and Luminette Privacy Sheers, a similar product that runs vertically across the window. The sheers provide light and a softened view of the outside, while still minimizing harmful UV rays.

Another option is energy-efficient Duette Architella honeycomb shades in a new semi-sheer fabric for a soft, screened view.

• Did you know red is one of the fastest colours to fade in the sun? The saturated colour is deeply pigmented. As a result, the pigment lightens when exposed to the sun.

If you have paintings with red, be sure to safeguard them. Protect the frame and protect the glass. Use one with UV protection such as museum glass.

Along with its nearly invisible finish, museum glass effectively blocks up to 99 per cent of harmful indoor and outdoor UV light rays.

It also reduces reflection by more than 85 per cent and properly transmits light to enhance colours, brightness and contrast levels, so you can easily maintain these often irreplaceable possessions.

• Look south when it comes to protecting your home. South-facing windows are the most important natural light source in an interior because they receive sunlight year-round that casts a warm, golden glow across the space.

But heat and UV rays resulting from this consistent light will cause the greatest damage. Be sure to have fabrics and window treatments that are UV-stable in this important area of the home.

Make the most of natural sunlight while helping to minimize its damaging effects on both your skin and your home. NEWS CANADA

SALES REPRESENTATIVE

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- Sell a portfolio of Metro branded products

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- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than September 27, 2013.
PLEASE QUOTE: "Sales Representative – Vancouver" in the subject line.
All submissions will be treated as confidential.

metro

Got unwanted house guests? Try these 'lazy' pest control tips

As temperatures begin to drop, rodents, like humans, seek the comforts of home.

But experts say that by taking just a few simple preventative steps, homeowners can reduce rodent activity in and around the home.

"Mice reach sexual maturity in about 25 days, so without intervention one pair of mice can lead to a population of more than 200 offspring in just four months," says Alice Sinia, quality assurance manager of regulatory and lab services for pest control company, Orkin.

"These pests are known to carry more than 40 diseases and their habit of gnawing on electrical wires can lead to house fires."

To keep these pests at bay, experts offer up these tips that just about any homeowner can do. In fact, if you don't want much work, you will see the tips spell "lazy."

L — Look for possible entry points around the home. Mice can enter the home through gaps 1.75 cm wide and rats through openings 2.5 cm wide. Seal holes in your foundation with weather-resistant sealant, or by incorporating steel or copper wool into the sealant to prevent rodents from gnawing through.

Always store food in resealable containers. ISTOCK

A — Always store food in re-sealable containers, which eliminate odours attractive to rodents and cover trash receptacles with tight-fitting lids.

Z — Zero in on the signs of a possible infestation. These include gnaw marks or holes with rough edges that are greasy to the touch, and droppings that are black and about the size of a grain of rice for mice and the length of a raisin for rats.

Y — Yard maintenance is also critical. Trim shrubs and branches back from your home to remove any hiding spots. NEWS CANADA

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Keep your basement flood-free

Water damage.
These tips can help you protect your home against flooding

Many homeowners are surprised to hear that water damage is the most common insurance claim. Water damage — often in the form of a flooded basement — can come out of nowhere and cause extensive damage to your home.

"Once homeowners understand the most common types of insurance claims, they can take steps to guard against them," says John Jenner, vice-president of marketing and communications at Western Financial Group.

"Measures might include making sure their home insurance policy covers sewer backup, installing a sump pump, having properly installed drainage systems, or making sure that downspouts are sending water away from their home."

According to the Insurance Bureau of Canada, there are many causes of flooding, including tree roots growing through cracks in the waterline, overloaded stormwater and sanitary sewer infrastructure, frozen pipes, and vandals blocking lines.

To keep your home safe, follow these guidelines:

Have someone check your house when you're away
If you leave home for more than three days, make sure someone comes to check the premises. A flooded basement, leaky pipe or a broken window can be devastating if it's not discovered and dealt with immediately.

Keep drains clear
It may seem simple, but many homeowners need to be reminded to keep their basement drains clear of obstructions. That means moving large objects such as furniture and making sure the drain is not sitting under a layer of dirt or debris. In older houses, drains may need to be snaked to ensure they can do their job properly.

Install a sump pump and backflow valves
This will greatly reduce the frequency and severity of basement flooding. Backflow valves or plugs can be installed on drains, toilets and other sewer connections to prevent water from entering the home.

Move items that are in flood-prone areas
The 10 minutes spent on inspecting your home for items that are in flood-prone areas could save hours later. Make sure you store important documents and irreplaceable personal items where they will not be damaged.

"It is important for homeowners to go over their insurance policy yearly with a representative," adds Jenner. "This will make sure you have the coverage you need."

For more information, visit westernfinancialgroup.ca.

NEWS CANADA

Water damage can come out of nowhere and cause extensive damage to your home. ISTOCK

Cookbook of the Week

Best and easy, too

CBC Television and Canadian Living have teamed up again to offer foodies a second volume of the Best Recipes Ever cookbook.

Chapters in the sequel to the show's (Best Recipes Ever airs weekdays on CBC TV at 3 p.m.) best-selling book include: Weeknight Dinners, Weekend Dinners, Light & Lovely, Rise & Shine, On the Go and Sweet Treats.

Meanwhile, among the specific recipes are Cioppino, Tangine of Beef with Prunes, Raspberry Chipotle Wings, Frozen Peanut Butter Pie and more. METRO

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Chicken Chili Burritos: Guilt-free fast food

These burritos are still a bit of an indulgence, but ground chicken lightens the filling.

1. In large saucepan, heat 1 tbsp of the oil over medium-high heat; cook chicken, breaking up with spoon, until no longer pink, about 8 minutes. Drain fat from pan. Transfer chicken to bowl and set aside.

2. In same saucepan, heat remaining oil over medium heat; cook onion, garlic, oregano and salt until soft, 3 minutes. Stir in tomato paste; cook 1 minute.

3. Return chicken to pan. Add tomatoes and chili powder; bring to boil. Reduce heat to medium; simmer, stirring occasionally, until thickened, about 15 minutes.

4. Spoon chili onto centre of each tortilla; sprinkle with Cheddar. Fold in bottom and sides; roll up. Place, seam side down, on greased baking sheet.

5. Broil burritos, about 6 inches (15 cm) from heat, until crisp and golden, about 10 minutes

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Ingredients

- 2 tbsp vegetable oil
- 1 lb (450 g) ground chicken
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tsp dried oregano
- 1/2 tsp salt
- 2 tbsp tomato paste
- 1 can (28 oz/796 ml) diced tomatoes
- 3 tbsp chili powder
- 4 large flour tortillas
- 3/4 cup shredded Cheddar

This recipe serves four to six. YVONNE DUIVENVOORDEN

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Home purchase price. Be wary of hidden fees

LESLEY SCORGIE
For Metro

Homebuyers, prepare yourselves. Experts recommend setting aside approximately two to three per cent of a home's purchase price for "hidden" fees such as:

Realtor fees: If you are selling a home while in the process of buying a new one, and have used a realtor, you will pay a hefty fee for their service. The going rate in Canada is seven per cent on the first $100,000 and 3.5 per cent on the remaining purchase price balance.

Legal: To finalize your home purchase you will have to hire a lawyer/notary to process the deal.

Land transfer tax: This is likely the most expensive aspect of closing costs for a resale home, which is typically less than two per cent of the value of the property. It is a provincial or municipal fee for a change in real estate ownership.

Closing adjustments: Disbursements are property expenses that sellers have paid and need to be reimbursed for such things as utilities, municipal property tax, and condo or maintenance fees.

Home inspection: Though home inspections cost as much as $500, they can save major headaches later on. Inspectors render an opinion on the condition of the property and state what needs replacement or repair. If there is something majorly wrong with your property, an inspector should be able to detect it and your realtor can advise on whether you should proceed with the purchase.

Appraisal fees: These typically range between $150 to $300. However, if a mortgage is insured through the Canada Mortgage and Housing Corporation, Genworth or Canada Guarantee, the fees are generally waived. Appraisals are a tool to help buyers determine a home's market value.

GST: If you are buying a new home, you will pay GST, and may qualify for a rebate.

Interest adjustments: This is the amount of interest you will need to pay between the date of your closing and first mortgage payment.

Other hidden fees include home and title insurance, utility hook-up costs, an Estopple certificate (for condominiums), and moving costs.

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Stats show that people who set financial goals are far more likely to achieve them compared with those who don't. SYDA PRODUCTIONS/COLOURBOX

Budget rules

Stats show that people who track their money and set financial goals are far more likely to achieve them compared with those who don't.

Homeowners, in particular, need a budget in order to track their expenses, of which there can be dozens each month, and ensure they don't wander financially astray.

Create a new spreadsheet or download a budget tracking tool from your bank's online website, the Canada Mortgage and Housing Corporation, Mint.com, or Google documents.

Start by listing all your sources of monthly income — employment, freelance work, royalties, consulting, child support, alimony, government support, bottle returns, etc. Total it up.

Next, list your sources of expenses. But when you do this, put your mandatory expenses up top like retirement savings, mortgage payments, taxes, insurance, condo fees, loan payments, utility bills, home maintenance and groceries. Nice-to-have expenses, such as dinners out with friends, should be listed below. Total up your expenses.

Increase your income

- If your budget is squeezed each month, increase your income and try the following — get a second job, work extra hours, take on freelance or consulting work, hock your possessions on Kijiji, get a roommate, or rent storage space.

When you subtract your total expenses from your total income, you have your bottom line. If you are in the red, you will need to cut back on nice-to-have expenses and/or increase your income.

As a homeowner, the biggest favour you can do yourself is budget for regular home maintenance like furnace cleaning, and plan for the unexpected like a water heater conking out or sink dripping through the floor. Most experts recommend you have between one and three months worth of salary set aside for "just-in-case" home expense surprises. LESLEY SCORGIE

CFL

Former Lions great Geroy Simon faces old team Sunday

It's been this way for months now, but might still take some getting used to when BC Lions fans tune in to watch their team face the Saskatchewan Roughriders on Sunday.

Geroy Simon, with his familiar No. 81, will be clad in Roughrider green, not Lions orange, which fans around the Canadian Football League have been accustomed to seeing since 2001.

Simon, a fan favourite over his 12 years with the Lions and the CFL's all-time leader with 16,128 receiving yards, will play his former team for the first time since Jan. 24, when he was traded to the rival Roughriders in an off-season deal that ended an era in B.C.

"As cliché as this sounds, I have to treat this as any other game once the game gets going," said Simon in a 26-minute conference call Wednesday.

"I'm just kind of dealing with the weeks as they come. I didn't want to try to look ahead to the B.C. games and worry about those at that time."

CAM TUCKER/METRO

Geroy Simon is in town to face his old teammates on Sunday.

THE CANADIAN PRESS FILE

Luongo struggles early in loss to Oilers

NHL pre-season. Vancouver's No. 1 goalie allows four goals on 18 shots

CAM TUCKER
cam.tucker@metronews.ca

Canucks goalie Roberto Luongo watches the replay of the Oilers' fourth goal on Wednesday night at Rogers Arena. Luongo allowed four goals in the game's first 13 minutes. DARRYL DYCK/THE CANADIAN PRESS

Following yet another tumultuous off-season, Roberto Luongo stepped onto the ice in front of the home fans at Rogers Arena for the first time in a game setting since last spring.

It wasn't the return he was hoping for, or what anyone expected. Good news: It's only exhibition.

Luongo allowed four goals on 18 shots in two periods of work Wednesday night against the Edmonton Oilers, as the Canucks continued their preseason schedule with a 4-1 loss.

Joacim Eriksson came into the game in the third period, as per the plan with Vancouver's goalies.

Pucks were quickly finding their way past Luongo in the opening period and the Canucks found themselves down 4-0 before the game was even 13 minutes old.

He couldn't get over to his left in time to stop Jordan Eberle on a wrap-around in which the puck bounced off his pad and trickled just over the goalline.

David Perron put the visitors up 3-0 after beating Luongo under the blocker on a lazy wrist shot from a bad angle and Jesse Joensuu beat the Canucks keeper through the legs on a quick wrist shot in front less than five minutes later.

Interesting, because sandwiched in between the four goals was a beautiful glove stop on Taylor Hall.

In fairness to Luongo, the team in front of him looked just as bad.

Going with a lineup that featured seven regulars, including Daniel and Henrik Sedin, the Canucks found themselves outshot 9-0 prior to the midway point of the first period.

Brendan Gaunce, who scored in Vancouver's preseason opener on Monday, notched his second goal in as many exhibition games.

Gaunce, the Canucks' 2012 first-round pick, drove to the net and chipped a rebound over Devan Dubnyk.

MLS. Whitecaps need wins to stay in playoff hunt

They were saying all the right things.

"Every individual game is a Cup final," said Vancouver Whitecaps midfielder Nigel Reo-Coker on Wednesday.

"That's the best way to look at it. We've made it hard for ourselves but that's the situation we're in, so we just have to face up to the challenge and rise ahead."

On Thursday, the Whitecaps fly east to Montreal, where they will face the Impact on Saturday.

It's a crucial match in a schedule that is now full of them, as the Whitecaps look to snap another late-season swoon in a hope to salvage a Western Conference playoff spot in the face of suddenly overwhelming odds against them.

The Whitecaps have six games remaining in their season. Three of those are on the road. The Whitecaps have only two wins on the road all season.

They sit seventh in the conference standings, and only the top five teams qualify for a MLS Cup playoff spot. Five points separates them from the fifth-place Portland Timbers.

CAM TUCKER/METRO

4 SPORTS

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Horoscopes

♈ Aries
March 21 - April 20
It is important that you keep your thinking simple today. Don't go confusing people, or yourself, with ideas that are too big to grasp. You are already heading in the right direction.

♉ Taurus
April 21 - May 21
You must not compromise your position, no matter how much pressure you may be under from those you work or do business with. Stay calm and simply refuse to budge.

♊ Gemini
May 22 - June 21
You may be tempted to push ahead with a project you know friends and family are unlikely to agree with, if only to remind them that you are in charge. But is it worth the bother? The full moon says it's not.

♋ Cancer
June 22 - July 23
You don't have to crack jokes every two minutes to keep others amused. The moon, your ruler, endows you with a wonderful sense of humour but it should be used sparingly.

♌ Leo
July 24 - Aug. 23
Do you listen to the part of your mind that urges caution or do you listen to the part that says "take a risk"? Only you can decide but be aware that today's full moon could easily make a fool out of you.

♍ Virgo
Aug. 24 - Sept. 23
Partners may be critical of what you are doing but if you are smart, you will listen to what they say today because in among all the wrong-headed comments is one that has a grain of truth in it.

♎ Libra
Sept. 24 - Oct. 23
The more you complain about something, the worse it gets, so take the hint and shut up. It's quite possible that someone is being difficult for no other reason than they enjoy the negative way you respond.

♏ Scorpio
Oct. 24 - Nov. 22
Don't give up on something because it isn't progressing as fast as you would like. It would be a shame to waste all the time and effort you have put into it. Come back to it later.

♐ Sagittarius
Nov. 23 - Dec. 21
The full moon warns you could find yourself caught in the middle of someone else's war. There is no right side or wrong side in this dispute, so steer clear. It's not your fight.

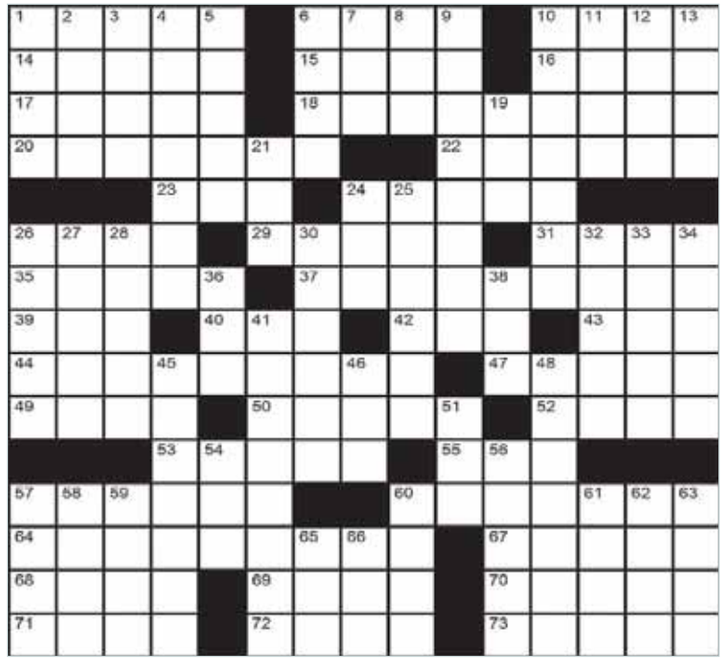
♑ Capricorn
Dec. 22 - Jan. 20
It's unlikely you will achieve much over the next 24 hours, so don't push too hard. Even a Capricorn needs to recharge their batteries once in a while, so plug in to the full moon and fill up on lunar energy.

♒ Aquarius
Jan. 21 - Feb. 19
No matter how confident a friend sounds, you are advised not to be taken in by their latest big plan, especially if it involves your money in some way. There can be only one loser.

♓ Pisces
Feb. 20 - March 20
The moon is full in your sign today, which is good in some ways and not so good in others. You will be more active and ambitious but watch out you don't lose touch with reality. **SALLY BROMPTON**

Crossword: Canada Across and Down

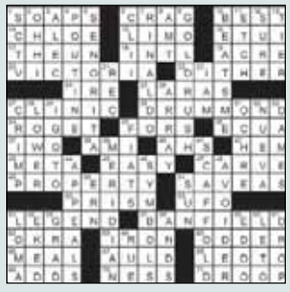
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Mr. Lundgren of "Rocky IV" (1985)
6. Cartoon co-star of Phineas
10. US state
14. DeanMartin's "That's __"
15. Succulent plant
16. _, __ Jury (Mickey Spillane novel)
17. Revolving mechanism
18. Newfoundland seafood delicacy: 2 wds.
20. Bilingual community of Winnipeg, St. __
22. Overly long sentences
23. Actress, Lucy __
24. Literary genre
26. Celebrity
29. Welcome
31. Bit of jazz
35. Articles
37. 'O' of TSO (Classical music!)
39. Gr. Neil Young joined
40. Howe'er
42. PC 'key'
43. Have a bug
44. Miner hats attachments
47. Farm mounds
49. Naturalness
50. Skin products giant
52. Ancient harp
53. "Star Wars" (1977) role, Darth __
55. Mr. Lindgren of "Rocky IV" (1985)
57. TV show
60. Asks to the party
64. Some of a Tim Hortons 'double double': 2 wds.
67. Dionne Warwick's "_ __ _ Little Prayer"
68. Same: French
69. To __ it may concern...
70. Old tales
71. "__ bien!"
72. Puppy bites
73. By _ __ (How close races are won)

Down
1. "Oh, fudge!"
2. 1847 Herman Melville story
3. J.R.R. Tolkien trilogy, commonly
4. Something to be solved
5. "__ _ stand, head in hand..." - The Beatles
6. Datum
7. "Turn to Stone" gr.
8. Mr. Stewart
9. Becomes engaged, 1800s-style
10. 'Find Fabulous For Less' store in Canada
11. "Let __" by Luba: 2 wds.
12. Cast out
13. So-so grades
19. 'Danger' suffix
21. Floor covering
24. For each
25. Withdraw from a court case
26. Archival 'sheet' at the library
27. Between harbours: 2 wds.
28. Ms. Suvari's
30. Dorm sharer
32. Po River locale
33. Skillet user, variantly
34. Bogus
36. Letters on a Cardinals player's baseball cap
38. Wane
41. Like intricate details on haute couture garments
45. Gadgets
46. TV's modern-day VCR
48. Sackville, NB's Mount __ University
51. "Kung Fu" actor, Philip __
54. __ Lingus (Ireland's flyer)
56. "Canadian Idol" Season 4 champion, Eva __
57. Charge card printout, briefly
58. Water carrier
59. Ancient empire
60. Belief systems
61. Root vegetable
62. Optometrist's study
63. Mailing request, commonly
65. Sushi tuna
66. Floor cleaner

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5		8				7		6
2		6		3		9		8
			6		5			
		4	5		9	3		
		5	4		8	1		
			9		2			
1		2		5		4		7
8		3				5		1

Yesterday's Sudoku

1	7	8	9	2	3	5	6	4
4	9	6	5	7	1	2	3	8
2	3	5	4	8	6	9	7	1
7	2	1	8	9	4	3	5	6
8	4	3	2	6	5	7	1	9
6	5	9	3	1	7	4	8	2
9	6	7	1	5	2	8	4	3
3	1	2	7	4	8	6	9	5
5	8	4	6	3	9	1	2	7

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Get a FREE 42" LG HDTV when you sign up for Optik TV and Internet on a 3 year term.†
And get the freedom to move it where you want with a wireless digital box.

Call **310-MYTV (6988)**, go to **telus.com/optiktv**
or visit your **TELUS Store or Authorized Dealer**.

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Brentwood Mall
Crystal Mall
Lougheed Town Centre
Metropolis at Metrotown
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Cottonwood Mall
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45300 Luckakuck Way

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Coquitlam Centre
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2988 Glen Dr.
3000 Lougheed Hwy.
3278 Westwood St.

Delta
Scottsdale Centre
1517 56th St.
4841 Delta St.
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Willowbrook Shopping Centre
8840 210th St.
19638 Fraser Hwy.
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20202 66th Ave.

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22661 Lougheed Hwy.

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Junction Shopping Centre
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New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
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1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Richmond
Lansdowne Mall
Richmond Centre
11686 Steveston Hwy.

Surrey
Central City Shopping Centre
Cloverdale Crossing Shopping Centre
Grandview Corners
Guildford Town Centre
Semiahmoo Shopping Centre
Sullivan Square
3189 King George Blvd.
7380 King George Blvd.
12477 88th Ave.
13734 104th Ave.

West Vancouver
Park Royal

*Wireless signal range will vary and can be affected by conditions in the home, including interference from other electronic devices and the materials used in construction. †Offer available until November 4, 2013, to residential customers who have not subscribed to Optik TV or Internet in the past 90 days. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. TELUS reserves the right to modify channel lineups and packaging and regular pricing without notice. Cannot be combined with other offers. Offer not available with TELUS Internet 6. HDTV-input-equipped television required to watch HD. 42" LG SMART HDTV offer available while quantities last and cannot be combined with promotional prices. TELUS reserves the right to substitute an equivalent or better product without notice. Manufacturer's suggested retail price of a 42" LG SMART HDTV is $899. Cancellation fee for early termination of a service agreement will be $24/mo. for the 42" LG SMART HDTV and $10/mo. for the HD PVR and digital boxes multiplied by the number of months remaining in the term. Current rental rates apply at the end of the term. Rental equipment must be returned in good condition upon cancellation of service, otherwise the replacement cost will be charged to the account. TELUS, the TELUS logo, Optik, Optik TV and the future is friendly are trademarks of TELUS Corporation, used under licence. © LG Electronics Canada, Inc. All rights reserved. "LG Life's Good" is a registered trademark of LG Corp. © 2013 TELUS.